Message From the President
Seven Magnificent Days at the AOA

Saturday, July 18, was one of those days that takes your breath away. Not only were AAO President-elect Laura E. Griffin, DO, FAAO, and I representing the Academy at the American Osteopathic Association’s House of Delegates, but we also were witnessing one of our mentors, Boyd R. Buser, DO, FACOFP, being nominated to serve as the AOA’s 2015-16 president-elect. Within minutes, one of my students, Carisa R. Champion-Lippmann, JD, OMS VI, was nominated for the student position on the AOA Board of Trustees. In between, former Academy president Mark S. Cantieri, DO, FAAO, and longtime AAO member John E. Bodell, DO, FACOS, FAACS, were nominated to be re-elected to the AOA board.

It has been 45 years since the AOA has had a president who also served in the Academy’s highest office. That last AOA-AAO president was J. Scott Heatherington, DO, who actually served his two separate terms as the Academy’s president after leading the AOA. The Academy’s first president, Perrin T. Wilson, DO, also served the AOA before the Academy, as did the AAO’s 15th president, R. McFarlene Tilley, DO.

Three other Academy presidents—George W. Northup, DO, FAAO; George J. Luibel, DO, FAAO; and Paul E. Wilson, DO—learned the presidential ropes at the Academy before exercising them at the AOA.

When Dr. Buser takes over as the AOA’s president in July 2016, he will be doing so 20 years, four months, after finishing his term as the AAO’s president. At that point,

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Prevention Magazine Highlights OMT

The July 2015 issue of Prevention magazine features a 13-page interview with Daniel Albert Shadoan, DO, complete with a half-dozen photographs of Dr. Shadoan providing osteopathic manipulative treatment (OMT). By coincidence, the issue hit newsstands just a few days after Dr. Shadoan was installed as the 2015-17 president of The Osteopathic Cranial Academy (OCA).

In “The Best Doctors You’ve Never Heard Of,” author Meehan Crist writes from the vantage point of a first-time patient, even though she had previously received OMT. Crist explains to Prevention’s readers that “osteopathic physicians are taught to encourage the body back toward health using the least invasive measures first.”

Crist goes on to describe how Dr. Shadoan uses osteopathic manipulative medicine (OMM) to explore her back and legs, finding a misalignment in her right ankle. She describes the unexpected and mildly unpleasant sensation of having her body realigned. She relates that Dr. Shadoan postulated that when she compensated for an old ankle injury, she unwittingly strained her body in other ways. Crist describes the treatment as “a gentle untangling, what [Dr. Boyd R. Buser, DO, FACOFP (left), offers some advice to AAO President Doris B. Newman, DO, FAAO, during the meeting that the American Osteopathic Association’s Board of Trustees held a few days before Dr. Buser was selected as the AOA’s 2015-16 president-elect. (Photo by Michael E. Fitzgerald)

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Message From the President (continued from Page 1)

the Academy’s Big Six will become The Magnificent Seven.

While Dr. Buser will be the newest of the Seven, don’t confuse him with the green-behind-the-ears kid that Horst Buchholz portrayed in the 1960 classic Western. Dr. Buser’s extensive experience with the Academy also includes serving as secretary-treasurer for six years, as a member of the Board of Governors for 26 years, and as the chair of the Nominating Committee for 15 years. In addition, he is a former chair of the Board of Directors of the National Board of Osteopathic Medical Examiners (NBOME), a former president of the Maine Osteopathic Association (MOA), a former secretary-treasurer of the Osteopathic International Alliance, and a current member of the Board of Deans of the American Association of Colleges of Osteopathic Medicine (AACOM).

What’s more, Dr. Buser has been a member of the AOA Board of Trustees for nine years and a member of the AOA House of Delegates since 1994. Most impressive of all, he led the AOA-AACOM negotiation team in the discussions with the Accreditation Council for Graduate Medical Education that resulted in drafting the memorandum of understanding that established the blueprint for the single GME-accreditation system.

As my predecessor, Kenneth J. Lossing, DO, wrote in a letter of support shortly after learning that the MOA intended to nominate Dr. Buser, “The Academy cannot recommend Boyd R. Buser, DO, FACOFP, highly enough.”

Besides praising Dr. Buser’s 14 years of service to the NBOME and his work on the single GME system, Dr. Lossing noted, “The Academy is especially proud of the way in which Dr. Buser protected the interests of all DOs who use osteopathic manipulative treatment during his total of 17 years of service to the American Medical Association’s Current Procedural Terminology (CPT) Editorial Panel, the CPT Advisory Committee, the RUC Advisory Committee, and the Correct Coding Policy Committee.” (For more on Dr. Buser’s selection as president-elect, see his election video.)

Like Dr. Buser, the other Academy members elected to the AOA’s board in July have a wealth of experience. Besides serving as the Academy’s 1999-2000 president, Dr. Cantieri is currently the 1st vice president of the Indiana Osteopathic Association, and he has served on the AOA’s Commission on Osteopathic College Accreditation. He also is one of the authors of the article on osteopathic manipulative treatment (OMT) that won The Journal of the American Osteopathic Association’s 1999 George W. Northup, DO, Medical Writing Award.

Dr. Bodell is a former president of the Michigan Osteopathic Association (MOA), and he is a graduate of the profession’s Health Policy Fellowship Program. Champion-Lippmann served as the 2014-15 chair of AACOM’s Council of Osteopathic Student Government Presidents (COSGP).
Shadoan] would describe as resetting the alignment of tissues and bones.”

Crist is a writer in residence in biological sciences at Columbia University in Brooklyn, New York, where Dr. Shadoan completed his undergraduate studies. She is working on a book about traumatic brain injury (TBI), which in another coincidence was the topic of the OCA’s annual conference in June. In her book, Crist is weaving together neuroscience and history, along with a memoir about her mother’s experiences after suffering a TBI. Because she saw how OMM helped her mother, Crist asked Dr. Shadoan whether she could interview him while he conducted a physical examination and treatment.

For the purposes of the article, Prevention sent a photographer and a model to Dr. Shadoan’s office for the demonstration. Although he normally treats patients while they are fully clothed, Dr. Shadoan agreed to examine and treat the model partially dressed so that readers could see skin-to-skin contact and so that the photographs would more clearly depict how and where Dr. Shadoan palpates patients.

To gain a fuller picture of the osteopathic medical profession, Crist interviewed former AAO president and 2015-16 AOA President-elect Boyd R. Buser, DO, FACOFP, who spoke about the importance of touch in diagnosing and treating patients.

To preserve the article’s journalistic integrity, Prevention did not allow Dr. Shadoan to read the final draft before publication, but he was called for fact checking. However, he advises, “Sometimes you have to fact check the fact checkers.” Because Dr. Shadoan said that both osteopathic manipulative medicine and manual manipulation were acceptable terms, the phrase osteopathic manual manipulative medicine made it into the final version of the article. If Dr. Shadoan had seen that error, he would have asked for it to be corrected to osteopathic manipulative medicine.

Dr. Shadoan also recommends understanding the motivations of interviewers as quotes can easily be taken out of context. Because he is familiar with Crist and her family, he “trusted her to be fair,” and he appreciates that the author was not looking to write a public relations “fluff piece” but a well-researched and well-written feature article.

Dr. Shadoan is pleased with the results, as is AOA Chief Communications Officer Charlie Simpson, who described the article as a “terrific piece.”

In a comment that she left on the online version of the article, nutrition specialist Jamie Wright, DO, of Portage, Michigan, reinforced Dr. Shadoan’s remarks in the article by noting, “As a DO, I was trained that ‘the body will heal itself.’ … [Osteopathic physicians], whether they perform manual medicine or not, tend to view the individual from a perspective of ‘whole,’ not ‘sick.’ We tend to ‘treat’ in order to lead to healing rather than as a means to manage an ongoing problem.”

Having acquired a better understanding of the human body during her conversations with Dr. Shadoan, which touched on the importance of tensegrity, Crist wrote, “I try to remember this: The human body is more like a skyscraper than a pyramid, which is why if you have a sprained ankle you can end up with headaches.”
Message From the President (continued from Page 2)

More Than Just a Board Presence

Not only was the Academy well represented among those elected to the AOA Board of Trustees this year, but the AAO had a strong presence throughout the AOA House. While we had just one official delegate and one alternate at the House, another 87 members of the 2015 House are members of the Academy, including the chairs of at least seven state delegations and the chair of the Student Osteopathic Medical Association’s delegation.

In addition, at least nine of those Academy members sat on House reference committees this year, including the AOA’s 2013-14 president, Norman E. Vinn, DO, MBA, and four former Academy presidents—Dennis J. Dowling, DO, MA, FAAO; George J. Pasquarello, DO, FAAO; Richard A. Feely, DO, FAAO, FCA; and David Coffey, DO, FAAO, FCA.

Based on recommendations from the Academy’s Board of Trustees, the AAO solicited the help of its members in the House to share with their delegations the Academy’s position on four resolutions with ramifications for osteopathic manipulative medicine. The Academy’s delegation also testified before the House reference committees on those four resolutions. The House ended up passing three of the resolutions with the amendments the Academy proposed, while the fourth was still acceptable to the Academy’s leaders even though only a portion of the AAO’s amendment was accepted.

One of those resolutions reaffirmed an AOA policy statement that the Academy helped to draft back in 1994. Titled “Osteopathic and Osteopathy—Use of the Terms,” the policy specifies that the term osteopathic physician should be used in place of osteopath in the United States and that the term osteopathic medicine should be used in place of osteopathy. Exceptions include entities that were named before the policy was first adopted, such as the American Academy of Osteopathy; historical, sentimental and informal discussions; and osteopaths with limited scopes of practice.

On the other hand, the Academy advocated that the resolution titled “Osteopathic Name and Identity” be amended to call for allopathic physicians who train in osteopathic-recognized residencies to indicate to patients that they are MDs who practice osteopathic manipulative medicine. The Academy’s amendment further insisted that these MDs should not call themselves osteopathic physicians or DOs.

The Academy’s presence was even felt at the House’s awards luncheon during which two AAO members—Brian F. Degenhardt, DO, and Gregg Cary Lund, DO, MS, FAAP—were honored as being among the authors of the article that won the JAOA’s 2015 Northup Award (for more, see the article on Page 10 of this issue of AAO Member News).

Continuing a long tradition, the Academy offered its Osteopathic Education Service (OES) at the House. Under the direction of former AAO president and former Illinois delegate Ann L. Habenicht, DO, FAAO, FACOFP, CS, 18 DOs provided one-on-one OMT demonstrations to 93 AOA delegates and guests.

The last two to receive demonstrations at the OES were high-profile dignitaries: U.S. Rep. Joseph John Heck, D.O., R-Nevada, was cared for by AAO Trustee Stefan Hagopian, DO, FAAO, and Virginia Marie Johnson, DO, FAAO, while AOA Immediate Past President Robert S. Juhasz, DO, FACOI, received a demonstration from Dr. Dowling.

The second osteopathic physician to serve in the U.S. House of Representatives, Dr. Heck emceed the inauguration ceremony at which Dr. Juhasz swore in his successor to the AOA’s presidency, John W. Becher, DO. Dr. Becher had overseen Dr. Heck’s training during his emergency medicine residency in Philadelphia. (For more, see the OES photo album.)

Networking With Others

Beyond our official roles of attending the AOA House to represent the Academy, Dr. Griffin and I spent the entire week of July 13-20 in Chicago serving as ambassadors for the Academy. During the four days before the House convened, we attended the meetings of the AOA board and select AOA committees, and we networked with leaders of other osteopathic specialty societies and with key AOA staff.

In the process, we witnessed the AOA board approve amendments to the Academy’s constitution and bylaws that allow us to place a

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## AAO Calendar of Events

Mark your calendar for these upcoming Academy meetings and educational courses.

### 2015

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>Aug. 6</td>
<td>Birthday of Andrew Taylor Still, MD, DO</td>
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<tr>
<td>Aug. 7-8</td>
<td>AAO Education Committee’s meeting—AAO office, Indianapolis</td>
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<tr>
<td>Aug. 7-8</td>
<td>SAAO Executive Council’s meeting—AAO office, Indianapolis</td>
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<tr>
<td>Sept. 7</td>
<td>Labor Day—AAO office closed</td>
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<tr>
<td>Oct. 3</td>
<td>Committee on Fellowship in the AAO meeting and examinations—AAO office, Indianapolis</td>
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<tr>
<td>Oct. 15</td>
<td>AAO Board of Trustees’ meeting, 9 a.m. to 5 p.m.—Hyatt Regency Orlando in Florida</td>
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<td>Oct. 16</td>
<td>AAO Leadership Forum, 9 a.m. to 5:30 p.m.—Hyatt Regency Orlando in Florida</td>
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<tr>
<td>Oct. 17</td>
<td>AAO Publications Committee’s meeting, 3 to 4:30 p.m.—Hyatt Regency Orlando in Florida</td>
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<tr>
<td>Oct. 17-19</td>
<td>AAO program at OMED: Osteopathic Considerations in Performing Arts Medicine—Sajid A. Surve, DO, program chair—Orange County Convention Center, Orlando, Florida</td>
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<tr>
<td>Oct. 19</td>
<td>AAO Louisa Burns Osteopathic Research Committee’s meeting, 10 a.m. to noon—Hyatt Regency Orlando in Florida</td>
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<tr>
<td>Dec. 4-6</td>
<td>Peripheral Nerves: Lower Body—Kenneth J. Losing, DO, program chair—Midwestern University/Arizona College of Osteopathic Medicine in Glendale</td>
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### 2016

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<th>Date</th>
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<tr>
<td>March 12-15</td>
<td>Pre-Convocation course: Basic Visceral Course—Kenneth J. Losing, DO, program chair—Rosen Shingle Creek, Orlando, Florida</td>
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<tr>
<td>March 13-15</td>
<td>Pre-Convocation course: Fascial Distortion Model—Treatment of the Upper Extremities, Lower Extremities, and Head Region—Todd A. Capistrant, DO, MHA, program chair—Rosen Shingle Creek, Orlando, Florida</td>
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<td>March 16-20</td>
<td>AAO Convocation—Somatic Dysfunction and Emotional Well-being: An Osteopathic Approach to Mental Health—Millicent King Channell, DO, FAAO, program chair—Rosen Shingle Creek, Orlando, Florida</td>
</tr>
<tr>
<td>March 20-21</td>
<td>Post-Convocation Residency Program Directors’ Workshop—Michael P. Rowane, DO, FAAO, program chair—Rosen Shingle Creek, Orlando, Florida</td>
</tr>
<tr>
<td>Sept. 17-19</td>
<td>AAO program at OMED—Daniel G. Williams, DO, program chair—Anaheim (California) Convention Center</td>
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Do you plan to attend OMED? If so, be sure to register as an AAO member to automatically earn NMM- and FP-specific continuing medical education credits and to ensure that the Academy is appropriately credited for your attendance.

The AAO’s annual Convocation provides opportunities to learn from some of the stalwarts of the profession, such as Fred L. Mitchell Jr., DO, FAAODist, (right). Dr. Mitchell worked with his father in developing muscle energy techniques. View more photos from the AAO’s 2015 Convocation online, and mark your calendar for the 2016 Convocation, which will be held March 16-20 in Orlando, Florida.
Performing arts medicine is a fledgling field, encompassing the study and care of performers within the disciplines of music, dance and drama. Osteopathic physicians are uniquely suited to care for these patients. This program will explore the performing arts, featuring lectures and workshops by experts in performing arts medicine.

By the end of the 2015 Osteopathic Medical Conference and Exposition, those who attend the American Academy of Osteopathy’s didactic program will be able to recognize the unique medical needs of performing artists, understand the basic principles of providing care to performing artists, and appreciate osteopathic medicine’s contributions to performing arts medicine.

With its theme of “Osteopathic Contributions to Performing Arts Medicine,” the AAO’s program will address hot topics and explain how DOs can use osteopathic manipulative medicine to care for highly talented patients with dysfunctions that arise from singing, dancing and playing musical instruments.

Speakers will include David William Shoup, DO, who has played the violin since age 7; former bandleader Kris Chesky, PhD, the current director of the Texas Center of Music & Medicine; Stephen Austin, PhD, an internationally renowned expert in vocal studies; Richard T. Jermyn, DO, the director of the Rowan University School of Osteopathic Medicine’s NeuroMusculoskeletal Institute; and Rebecca Fishman, DO, a former professional dancer and singer.

Learn more at www.academyofosteopathy.org.
student on our Board of Trustees and that specify that Academy Board members be AOA members (see the front-page article in AAO Member News’ June issue).

We discussed mutual concerns with leaders of the NBOME, the American College of Osteopathic Family Physicians, the American Osteopathic College of Emergency Physicians, and the American Osteopathic Foundation. And we met with former Academy presidents with long tenures in the AOA House.

In addition, we learned about the AOA’s progress on its new brand visibility campaign from AOA Chief Communications Officer Charlie Simpson. We discussed the Osteopathic International Alliance and association governance with Linda L. Mascheri, the AOA’s vice president for state, affiliate and international affairs, and Diana M. Ewert, MPA, CAE, the AOA’s associate vice president for affiliate affairs. In addition, we covered recent developments in coding and billing with the American Osteopathic Information Association’s entire physician services and payer relations team, led by Associate Vice President of Practice Management and Physician Services Therese Poland, RN, MSN.

The icing on the cake for Dr. Griffin and me was speaking to the COSGP and the Student Osteopathic Medical Association’s Board of Trustees. We informed both student groups about the Student American Academy of Osteopathy (SAAO), and we briefed them on the Academy’s position on the single GME-accreditation system, the Academy’s commitment to research, and the valuable education that students obtain at Convocation. (For more, see the SOMA video.)

We were delighted to find that even at the student events during the AOA’s business meeting, the Academy’s presence was strong. Among the COSGP’s nearly 90 members, 33 belong to the SAAO, as do nine of the 20 some members of the SOMA board.

Altogether, our seven days in Chicago were informative, rewarding and just plain magnificent.

Doris B. Newman, DO, FAAO
2015-16 AAO president

The Midwestern University Chicago College of Osteopathic Medicine, located in Downers Grove, Illinois, a suburb of the greater Chicago area, is seeking a full-time Faculty Member for the Department of Osteopathic Manipulative Medicine (OMM). Midwestern University/Chicago College of Osteopathic Medicine was founded in 1900 and has graduated over 6000 osteopathic physicians. The OMM Department provides a strong foundational knowledge of musculoskeletal medicine through its four year curriculum as well as its post-doctoral programs. The OMM department at CCOM has established core faculty members, a comprehensive symptom-presentation curriculum, strong leadership, and robust research activity. This full time faculty member will assist the Chair and oversee the pre-doctoral education as presented in years 1-4, assist with the post-doctoral integration of OMM, and work with the student scholars mentoring their research pursuits. Candidates must possess a Doctor of Osteopathic Medicine degree from a COCA-accredited college of osteopathic medicine and be board certified. Neuromusculoskeletal medicine certification is desirable, but not required. The successful candidate will have proven clinical, faculty and administrative experience.

Please submit your application, letter of intent & CV through MWU’s online job board by visiting www.midwestern.edu. Applicants may email inquiries to: Greg Pytlak, MS, MBA, Education Specialist at gpytla@midwestern.edu.

Midwestern University is an Equal Opportunity/Affirmative Action employer that does not discriminate against an employee or applicant based upon race, color, religion, gender, national origin, disability, or veterans status, in accord with 41 C.F.R. 60-1.4(a), 250.5(a), 300.5(a) and 741.5(a).
Dr. Shadoan Succeeds Dr. Pelkey as Cranial Academy’s President

In the closing minutes of her term as the 2013-15 president of The Osteopathic Cranial Academy (OCA), Zinaida Pelkey, DO, observed that the OCA had evolved in the past 10 years and that she had grown as a leader since accepting a position of leadership in the OCA. She expressed her pleasure with the increasing quality of faculty development for OCA courses, with the growth of the OCA’s investments and with the documentation for the single accreditation system for graduate medical education. She admitted being in awe of the “breath of life,” and she called on OCA members for a “deeper level of digging and dreaming.”

This master-baker-turned-physician from New York City then turned the reins of the OCA over to one of her former residents from the opposite coast, Daniel Albert Shadoan, DO, of San Francisco. Dr. Shadoan, in turn, called for bridging gaps and working on common interests with the next generation of DOs, with the Sutherland Cranial Teaching Foundation, with Osteopathy’s Promise to Children, with MD colleagues and with international practitioners of osteopathy. He pointed to the number of OCA presidents who have also served the American Academy of Osteopathy as president and stressed that the two academies have a common ground.

“Osteopathy’s greatest threats have always been from within,” Dr. Shadoan observed during the OCA’s recognition banquet, which was held the third evening of the Cranial Academy’s June 18-21 conference in Naples, Florida. He stressed that in finding common ground, the OCA should not give up “our principles.”

“We are in a great situation,” Dr. Shadoan insisted. “We need to be proud of what we are.” He added that if more people were to follow osteopathic manipulative medicine, little accomplishments would lead to big ones.

Also honored during the OCA’s banquet were two new fellows, who like Dr. Pelkey and Dr. Shadoan were an East Coast-West Coast combination: former OCA treasurer Michael J. Porvaznik, DO, from Arlington, Virginia, and former OCA president Melvin R. Friedman, DO, of San Mateo, California.

“This is my family,” Dr. Porvaznik said upon being inducted as a fellow. “My love for this organization is profound.”

Dr. Friedman closed by reminding the banquet attendees that “the world we live in is invisible.”

OCA Elects Dr. Binkerd and Dr. Hiserote

The previous evening, the OCA elected officers during its annual membership meeting.

James W. Binkerd, DO, of Vallejo, California, was selected to serve as president-elect for two years, while R. Mitchell Hiserote, DO, also of Vallejo, was elected secretary for a two-year term. In addition, Theresa A. Cyr, DO, of San Diego and Annette E. Hulse, DO, of Santa Cruz, California, were elected to three-year terms on the OCA Board of Directors.

At the beginning of the OCA’s conference, the AAO’s 2013-14 president, David Coffey, DO, FAAO, FCA, was elevated from vice president to president of the OCA Foundation, replacing Michael D. Lockwood, DO, FCA. In addition, the AAO’s 2002-03 president, Hollis H. King, DO, PhD, FAAO, became the foundation’s vice president, and the AAO’s 2011-12 president, Richard A. Feely, DO, FAAO, FCA, rejoined the foundation’s Board of Directors.

OCA Offers Education

The OCA’s conference itself focused on the theme “Traumatic Brain Injury, Neuro-
Osteopathic Cranial Academy (continued from Page 8)

science and Osteopathy.” Directed by Simeon John Hain, DO, of Athens, Ohio, and Ali Marie Carine, DO, of Upper Arlington, Ohio, the conference featured several Academy members as speakers, such as Dr. Pelkey; Dr. Shadoan; Sheri Anne Hull, DO; Eric Britain Miller, DO; R. Todd Dombroski, DO, Conrad A. Speece, DO; Kenneth Eugene Graham, DO; Hugh M. Ettlinger, DO, FAAO; Maud Haimson Nerman, DO; R. Paul Lee, DO, FAAO, FCA; Wendy S. Neal, DO, ND; J. Dolgin, DO, FCA; Paul S. Miller, DO; R. Todd Dombroski, DO; Eric W. Shilland, DO; and Kay A. Weinshienk, DO.

Prior to its annual conference, the OCA tapped 18 AAO-OCA dual members to run three Cranial Academy courses in February. Dr. Pelkey and Dr. Shadoan teamed up to run “Introductory Course in Osteopathy in the Cranial Field” with help from faculty members Dr. Ettlinger; Dr. Friedman; Dr. Hiserote; Dr. Rosen; Steven Patrick Cavanaugh, DO; Eric J. Dolgin, DO, FCA; Paul S. Miller, DO, FCA; Wendy S. Neal, DO, ND; and Duncan Soule, MD. Table trainers in training for the course were Dr. Cyr; Eric W. Shilland, DO; and Kay A. Weinshienk, DO.

Rachel Brooks, MD, and Dr. Lee, led “Key Elements in Effective Osteopathic Practice: A Weekend With Rachel Brooks,” while Edward G. Stiles, DO, FAAO, and Charles A. Beck, DO, FAAO, conducted “A Sutural Approach to Osteopathy in the Cranial Field.”

The OCA’s annual conference attracted 134 DOs, 10 MDs, 8 osteopathic medical students and 15 international participants, while the three February courses were attended by a total of 40 DOs, 16 MDs, 19 osteopathic medical students and three international participants.

U.S. Ultrarunners Recognize Value of Osteopathic Medicine

On April 11, runners gathered in Torino, Italy, for the International Association of Ultrarunners’ 2015 24-Hour World Championship. For the seventh time, AAO member Andrew Lovy, OD, DO, of Kirksville, Missouri, served as the medical team director for the U.S. team of six men and six women. Dr. Lovy’s medical team consisted of Gregory A. Hon, DO, of South Miami, Florida; Leah D. Frank, OMS V, of the A.T. Still University-Kirksville College of Osteopathic Medicine (ATSU-KCOM); and Kathleen Amber Naylor, OMS V, of ATSU-KCOM.

In addition to treating runners before, during and after the race, Dr. Lovy’s team advised contestants on best practices for managing the course. For example, when Dr. Lovy found a quarter-mile segment that sloped to the left, he advised runners where to find the most level path, thus taking pressure off their lower backs. The psychiatrist and sports medicine expert also recommended that racers walk for about five yards before making U-turns and accelerate out of turns to minimize biomechanical dysfunctions.

Running for 24 hours requires strategy as much as stamina, explains Dr. Lovy, a longtime runner and one of the American Osteopathic Association’s first Great Pioneers.

“It was very hot early on, and our runners contained themselves, most maintaining [a steady speed] until it cooled down,” Dr. Lovy says. “As predicted, none of the leaders in the first six hours were in the top 100 runners at the finish.”

After 13 hours of running, Maggie Guterl, a member of the U.S. women’s team, was sidelined with significant nausea and vomiting. Dr. Lovy provided Guterl with ginger while he used splanchnic release and acupressure to relieve the nausea. Guterl rejoined the race, and she finished fourth among the women.

A runner who had experienced a stress fracture three weeks before the event took advantage of the osteopathic manipulative treatment offered by Dr. Lovy’s team. That runner experienced no issues related to his stress fracture during the race. Another runner displaced a fibula during the event, but after being treated with muscle energy and myofascial release, he was able to continue running.

Although the two DOs and two osteopathic medical students focused on treating members of the U.S. team, Dr. Lovy says, “We also worked on runners from other nations, many of whom were quite impressed with the value of having medical—and especially osteopathic—care for the event.”

The U.S. women’s team finished first out of 28 teams, and the U.S. men’s team finished fourth out of 34 teams.
Osteopathy Gaining Strength in Japan

During the Student American Academy of Osteopathy’s program at the AAO’s Convocation in March 2015, AAO supporting member Akiyoshi Shimomura, DO (Hon.) (Japan), led two breakout sessions for more than 230 total registrants. Shimomura demonstrated traditional acupuncture and discussed how it can be used to return the body’s energy to “smooth circulation.”

Shimomura also sent a letter to AAO President Doris B. Newman, DO, FAAP, this April outlining efforts to advance osteopathy in Japan.

In April 2014, for example, the Japan Traditional Osteopathic College (JTOC) opened in Kobe with 33 students. Founded by Shimomura, the JTOC entered into a cooperative agreement with the A.T. Still University-Kirkville College of Osteopathic Medicine (ATSU-KCOM) in Missouri that will allow JTOC students to go to ATSU-KCOM in five years to study anatomy.

In addition, the Japan Osteopathic Professional Association (JOPA), chaired by Shimomura, called on some AAO members to lead seminars in 2014. In January 2014, Daniel G. Williams, DO, of Indianapolis taught balanced ligamentous tension to more than 100 Japanese osteopaths at a seminar sponsored by the Japan Osteopathic Professional Association. (Photo courtesy of JOPA)


Because medical terms often have Latin roots, it is easier to talk about them in romance languages, Dr. Williams observed after his trip to Japan. “[Because Japanese has no Latin roots,] these differences really increased my reliance on the translator,” he said.

Dr. Koss said that he was “treated royally.” He added, “It was an honor to teach this up-and-coming osteopathic group because a few months prior, [the JTOC] signed an affiliation agreement with ATSU-KCOM, my alma mater.”

In all, the JOPA hosted more than 40 seminars in 2014, attracting almost 2,500 attendees. Both Dr. Williams and Dr. Koss plan to return to teach courses in 2016.

AAO Members Among Authors of Northup Award-Winning Article

The newest recipient of The Journal of the American Osteopathic Association’s George W. Northup, DO, Medical Writing Award is a March 2014 article whose principal author is Academy member Brian F. Degennhardt, DO, and whose other authors include AAO member Gregg Cary Lund, DO, MS, FAAP.

Titled “Preliminary Findings on the Use of Osteopathic Manipulative Treatment: Outcomes During the Formation of the Practice-Based Research Network, DO-Touch.NET,” this original research contribution was honored on July 18 during the annual meeting of the American Osteopathic Association’s House of Delegates.

Sutherland Cranial Teaching Foundation Upcoming Courses

Visit our website for enrollment forms and course details: www.sctf.com

Contact: Joy Cunningham 907-868-3372
Email: jcunningham4715@yahoo.com
Since 1991, the *JAOA* has bestowed the Northup Award annually on the article or series of articles from the previous year that is likely to make the greatest contribution to changing the way osteopathic physicians practice medicine, think, and conduct research.

The 2015 Northup Award-winning study was designed to assess the current use of osteopathic manipulative treatment (OMT) and associated patient-reported outcomes. Researchers collected retrospective data from 2,569 office visits and prospective data from 299 office visits to sites associated with the practice-based research network DO-Touch.NET.

In the retrospective review of medical records, 17 of the top 25 diagnoses were related to musculoskeletal conditions, compared with 18 of the top 24 in the prospective review.

Immediately after receiving OMT, 92% of the patients in the prospective study reported feeling “better” or “much better,” while less than 2% of patients reported feeling worse. A subset of patients from 175 office visits provided data on symptom severity and frequency and other treatments during the seven days after they received OMT. After seven days, 72% of these patients reported that they felt “better” or “much better,” while 6% said they felt worse. The patients also reported that the degree to which their symptoms interfered with usual activities, sleep, mood and relationships decreased during the seven days since receiving OMT.

The *JAOA* award is named after the American Osteopathic Association’s longest-serving editor in chief. Prior to becoming the AOA’s editor, Dr. Northup served the Academy as its 1950-1951 president and the AOA as its 1958-59 president.

Academy members have been the authors or co-authors of several Northup Award-winning articles, beginning with Richard L. Van Buskirk, DO, FAAO, whose article “Nociceptive Reflexes and the Somatic Dysfunction: A Model” won the *JAOA*’s first Northup Award in 1991.

Other AAO members who have contributed to Northup Award-winning articles include William L. Johnston, DO, FAAO; Mark S. Cantieri, DO, FAAO; Dennis J. Dowling, DO, MA, FAAO; Russell G. Gamber, DO; David R. Boesler, DO; Sandra L. Sleszynski, DO, FAAO; Thomas Glonek, PhD; William A. Kuchera, DO, FAAO; Scott Thomas Stoll, DO, PhD; Anthony G. Chila, DO, FAAODist, FCA; David C. Eland, DO, FAAO; and Lisa Hodge, PhD.
Academy Networks With Profession’s Leaders During AOA’s Business Meeting

The leaders of the Academy attended both halves of the American Osteopathic Association’s annual business meeting: the July 14-16 annual meeting of the AOA Board of Trustees and the July 17-20 annual meeting of the AOA House of Delegates. Academy leaders also attended a number of AOA committee meetings during the week, and they held side meetings with leaders throughout the profession. For more photos of Academy members at the AOA’s annual meeting, see the AAO at AOA House Facebook album. (Photos by Michael E. Fitzgerald)

The chair of the Student American Academy of Osteopathy, Hanalore Alvarez Alupay, OMS IV (left), meets with AAO President Doris B. Newman, DO, on the afternoon between the AOA Board of Trustees’ meeting and the AOA House of Delegates’ meeting.

Nate DeLisi, DO (left), chairs the New Hampshire delegation. At least six other state delegations were chaired by Academy members in addition to the Academy’s own delegation and that of the Student Osteopathic Medical Association.

New York delegate and former Academy president Dennis J. Dowling, DO, MA, FAAC (left), talks with John R. Gimpel, DO, MEd, FACOFP. Dr. Gimpel is the president and chief executive officer of the National Board of Osteopathic Medical Examiners (NBOME), while Dr. Dowling serves the NBOME as the director of osteopathic manipulative medicine assessment at its Clinical Skills Testing Center in Conshohocken, Pennsylvania.

AAO President-elect Laura E. Griffin, DO, FAAC (left), congratulates John W. Becher, DO, FCAEP, after he was installed as the American Osteopathic Association’s 2015-16 president.

AOA trustee and former AAO president Mark S. Cantieri, DO, FAAC (left), offers his perspective on the AOA Board to Todd Alexander Kruse, OMS II, the president of the Student American Academy of Osteopathy’s chapter at the Midwestern University/Chicago College of Osteopathic Medicine in Downers Grove, Illinois.
Texas delegate and former AOA trustee David Russell Armbruster, DO (left), speaks with longtime Academy member and former AOA president Philip L. Shettle, DO.

During a break between meetings, AAO President Doris B. Newman, DO (left), greets Kevin V. de Regnier, DO, FACOFP dist., and Joseph P. McNerney, DO, FACOFP. Dr. de Regnier is the American College of Osteopathic Family Physicians’ current president, and Dr. McNerney is a former president of the college.

While riding an elevator at the AOA office in Chicago, 2014-15 AOA Student Trustee Alice I. Chen, DO (left), high fives AAO President Doris B. Newman, DO, FAAO. Both were on their way up to the AOA’s Frank J. McDevitt, DO, Board Room to speak to the Student Osteopathic Medical Association’s Board of Trustees.

Former Maine delegate Bruce P. Bates, DO, FACOFP (left), talks with the chair of the Maine delegation, Joel A. Kase, DO, MPH. Dr. Bates is currently the senior vice president for cognitive testing at the National Board of Osteopathic Medical Examiners. Dr. Kase serves on the AOA Bureau of State Government Affairs.

AAO President-elect Laura E. Griffin, DO, FAAO (right), listens to the American Osteopathic Information Association’s physician services and payer relations team, which is led by Associate Vice President for Practice Management and Physician Services Therese Poland, RN, MSN.

During the AOA’s business meeting, AAO President Doris B. Newman, DO, FAAO (left), had several discussions about board certification with Stephen M. Scheinthal, DO, FACN, who chairs the American Osteopathic Association’s Bureau of Osteopathic Specialists.
AAO Past President to Advise Webinar Participants on Cash Practices

If you have ever thought about establishing a cash practice, mark your calendar for Aug. 25 at 8 p.m. Eastern time to access a webinar featuring AAO Immediate Past President Kenneth J. Lossing, DO. In this webinar sponsored by the American Osteopathic Information Association, Dr. Lossing will cover the nuts and bolts of developing and running a cash-based practice. Other topics in “Know Your Options: Cash Practice” will include the pros and cons of cash, private health insurance and Medicare, as well as the costs of doing business on a cash basis.

Dr. Lossing has operated a cash-based practice in the San Francisco Bay area for 17 years. His patients range from newborns to geriatric patients, and their complaints fall into a wide range of disciplines, including neuromusculoskeletal medicine, gastroenterology, urology, rheumatology, cardiology, pediatrics and orthopedics.

As the Academy’s 2014-15 president, Dr. Lossing starred in a two-minute segment of “American Health Front!” that focused on osteopathic manipulative medicine. The segment debuted on New York City’s WCBS-TV on May 18, 2014. Since the segment was posted to the AAO’s website on July 23, 2014, AAO members have been linking to and downloading the segment to use in educating existing and prospective patients.

A 1994 graduate of what is now the A.T. Still University–Kirksville College of Osteopathic Medicine in Missouri, Dr. Lossing served an internship and a combined residency in neuromusculoskeletal medicine and family medicine through the Ohio University Heritage College of Osteopathic Medicine in Athens. He is board certified in both neuromusculoskeletal medicine and family medicine.

The Aug. 25 webinar will offer one credit of AOA Category 1-A continuing medical education. After being conducted as a live broadcast, the webinar will be placed in the AOIA’s on-demand library so that it can be accessed by those who are unable to listen to it live.

Academy Expands Online Presence

In June, the AAO launched its LinkedIn page, which attracted nearly 80 followers in its first six weeks. As the Academy’s most recent social media offering, the AAO’s LinkedIn page joins its Facebook, Twitter and YouTube accounts.

In establishing a LinkedIn account, the Academy has met one of the first goals of its 2015-18 strategic plan, which the AAO Board of Governors approved at its March 11 meeting at Convocation in Louisville, Kentucky.

AAO’s LinkedIn, Facebook and Twitter followers are the first to get AAO updates, to learn about AAO courses, to read about osteopathic medicine and Academy members in the news, and to be informed about other issues that affect Academy members.

On the AAO’s YouTube channel, you will find recordings and slideshows, including a video on the election of Boyd R. Buser, DO, FACOFP, as the American Osteopathic Association’s 2015-16 president-elect and the 2014 Thomas L. Northup, DO, Lecture presented by AAO Secretary-treasurer Judith A. O’Connell, DO, MHA, FAAO.

If you have any questions or suggestions about the Academy’s social media strategy, contact AAO Publications Liaison Lauren Good at LGood@academyofosteopathy.org or at (317) 879-1881, ext. 211.

NMM PLUS 1 POSITIONS AVAILABLE IN SUNNY SOUTH FLORIDA

Residency program at Larkin Hospital. Contact Joel D. Stein, DO, FAAO, at (954) 563-2707 or ommdoc@aol.com for more information.

NMM PLUS 1 RESIDENCY PROGRAM IN NEW YORK

NMM Plus 1 Residency at Southampton Hospital in beautiful Southampton, Long Island. Applications are currently being accepted. If interested, please contact Program Director Denise K. Burns, DO, FAAO, at drdenise@optonline.net or Education Department Secretary Karen Roberts at (631) 726-0409.
Course Description
Using principles developed by Jean-Pierre Barral, DO (France), participants in this course will examine the peripheral nerves of the lower body. Kenneth J. Lossing, DO, will demonstrate visceral manipulation techniques to identify and treat dysfunctions in the general anatomy, including those affecting vascular supply, innervation, axonal transport and mechanical aspects, as well as dysfunctions resulting from lesions and trauma.

Participants will learn palpation methods for finding a nerve and for determining dysfunction by identifying lack of pliability, hardness, and nerve “buds.” In addition, participants will learn treatment approaches, effects of treatment, indications and contraindications.

Dr. Lossing will discuss diagnostic and treatment techniques for the lumbar plexus, the sacral plexus, the genitofemoral nerve, the lateral femoral cutaneous nerve, the obturator nerve, the femoral nerve, the saphenous nerve, the superior gluteal nerve, the sciatic nerve, the tibial nerve, the medial sural cutaneous nerve, the medial and lateral plantar nerves, the fibular nerve and the intercostal nerves.

Course Location
Midwestern University/AZ College of Osteopathic Medicine
19555 N. 59th Ave.
Glendale, AZ 85308

Course Times
Friday, Saturday and Sunday from 8 a.m. to 5:30 p.m. Breakfast and lunch will be provided. Please contact AAO Event Planner Sherrie Warner with special dietary needs at (317) 879-1881, ext. 220, or SWarner@academyofosteopathy.org.

Continuing Medical Education
24 credits of NMM- and FP-specific AOA Category 1-A CME anticipated.

Registration Fees

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<th>Before Sept. 4</th>
<th>Sept. 4 through Nov. 3</th>
<th>After Nov. 3</th>
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<td>Academy member in practice*</td>
<td>$1,020</td>
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<td>Member resident or intern</td>
<td>$820</td>
<td>$870</td>
<td>$1,020</td>
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<td>Nonmember practicing DO or other health care professional</td>
<td>$1,120</td>
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<td>Nonmember resident or intern</td>
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* The AAO’s associate members, international affiliates and supporter members are entitled to register at the same fees as full members.

The AAO accepts check, Visa, MasterCard and Discover payments in U.S. dollars. The AAO does not accept American Express.

Credit card No.: __________________________
Cardholder’s name: _______________________
Expiration date: __________ 3-digit CVV No.: _________
Billing address (if different): _____________________________

By releasing your fax number and email address, you are giving the AAO permission to send marketing information regarding courses to you.
Click here to view the AAO’s cancellation and refund policy.
Click here to view the AAO’s photo release statement.

I hereby authorize the American Academy of Osteopathy to charge the above credit card for the amount of the course registration.

Signature: ____________________________
Walking Toward Health: New Evaluations in Gait

July 29-31, 2016 • The Pyramids, Indianapolis

Course Description
Edward G. Stiles, DO, FAAO, and Charles A. Beck, DO, FAAO, will present research data that support using a functional approach to treat patients for gait dysfunctions. During the past few decades, gait concepts have evolved from using a leg-propelling model to using the trunk-driving model that Serge Gracovetsky, PhD, outlined in his book The Spinal Engine. Dr. Stiles believes that both models offer insight into gait mechanics. He suggests that combining these two models with the floating compression pelvic model and the Mitchell axes model will provide a comprehensive understanding of gait mechanics. Although traditional approaches to osteopathic manipulative treatment often rely on normalizing pelvic landmarks and using dynamic tests, sacral- and innominate-related gait dysfunctions can persist. By employing the clinical approach presented in this course, physicians can be confident that their patients are walking toward health.

Course Location
Pyramid Three (two buildings away from the AAO’s offices) 3500 DePauw Blvd., lower level, Conference Rooms A and B Indianapolis, IN 46268 (317) 879-1881, ext. 220

Course Times and Meal Information
Friday, Saturday and Sunday from 8 a.m. to 5:30 p.m. Breakfast and lunch will be provided. Please contact AAO Event Planner Sherrie Warner with special dietary needs at (317) 879-1881, ext. 220, or SWarner@academyofosteopathy.org.

Continuing Medical Education
24 credits of NMM- and FP-specific AOA Category 1-A CME anticipated.

Travel Arrangements
Contact Tina Callahan of Globally Yours Travel at (800) 274-5975 or globallyyourstravel@cox.net.

Program Chairs
Edward G. Stiles, DO, FAAO, has a rich and deep understanding of numerous pioneering concepts, events and personalities in osteopathic medicine. While an osteopathic medical student, Dr. Stiles was introduced to the sutural approach to osteopathic cranial manipulative medicine by George Andrew Laughlin, DO, a grandson of Andrew Taylor Still, MD, DO. Early in his medical career, Dr. Stiles took over the Cambridge, Massachusetts, practice of Perrin T. Wilson, DO, an internationally recognized osteopathic physician and the second person to lead the American Academy of Osteopathy. Dr. Stiles established the first hospital-based osteopathic manipulative treatment (OMT) service in the United States, and he helped develop the first OMT billing codes. Additionally, he has been recognized by the American Osteopathic Association as a Great Pioneer in Osteopathic Medicine. Dr. Stiles has taught at the Oklahoma State University Center for Health Sciences College of Osteopathic Medicine, the Michigan State University College of Osteopathic Medicine and the University of Pikeville-Kentucky College of Osteopathic Medicine. He has delivered the American Osteopathic Association’s Andrew Taylor Still Memorial Address, as well as the Academy’s Thomas L. Northup Lecture, its Scott Memorial Lecture and its Harold A. Blood, DO, FAAO, Memorial Lecture. Dr. Stiles also is a recipient of the Academy’s highest award, the Andrew Taylor Still Medallion of Honor.

Like Dr. Stiles, Charles A. Beck, DO, FAAO, is board certified in neuromusculoskeletal medicine. He earned his doctor of osteopathic medicine degree from the University of Pikeville-Kentucky College of Osteopathic Medicine (UP-KYCOM). Dr. Beck has received many awards, including the Edward G. Stiles Award for Osteopathic Manipulation from UP-KYCOM, and he serves as an adjunct faculty member for several osteopathic medical schools, including the Lake Erie College of Osteopathic Medicine, the West Virginia School of Osteopathic Medicine, the Touro University College of Osteopathic Medicine and the Marian University College of Osteopathic Medicine. Dr. Beck is in private practice in Indianapolis at the Meridian Holistic Center.

Register online at www.academyofosteopathy.org or contact AAO Event Planner Sherrie Warner at SWarner@academyofosteopathy.org or at (317) 879-1881, ext. 220.
Members in the News

The June and July 2015 issues of The Journal of the American Osteopathic Association featured three articles written or co-written by Academy members. The chart below summarizes those articles.

<table>
<thead>
<tr>
<th>Authors</th>
<th>Month</th>
<th>Title of article</th>
<th>Description</th>
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<tr>
<td>Gregory J. Cox, DO, of Kirksville, Missouri</td>
<td>June 2015</td>
<td>Role of Osteopathic Manipulative Treatment in the Management of Stiff Person Syndrome</td>
<td>Stiff person syndrome (SPS) is characterized by fluctuating rigidity and stiffness, gait impairment, and painful spasms. Dr. Cox and his co-authors describe how they used osteopathic manipulative treatment as an adjunct to medication to treat a 52-year-old man with SPS that began after he was injured in a motor vehicle accident 23 years earlier.</td>
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<td>Valerie J. Van Ravenswaay, OMS V, MPH, of Perrysburg, Ohio; Simeon John Hain, DO, of Athens, Ohio; and Sierra Autumn Grasso, OMS III, of Athens</td>
<td>July 2015</td>
<td>Effects of Osteopathic Manipulative Treatment on Diabetic Gastroparesis</td>
<td>In this case report, the authors examine how osteopathic manipulative treatment almost eliminated nausea and vomiting in a man experiencing daily nausea as a result of diabetic gastroparesis. Grasso is the vice chair of the Student American Academy of Osteopathy, and Van Ravenswaay is a member of the National Undergraduate Fellows Association.</td>
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<td>Kearnan Welch, DO, MS, of Vallejo, California</td>
<td>July 2015</td>
<td>The Art of Listening: Perspective of a Hard-of-Hearing Medical Student</td>
<td>Dr. Welch, who was born with a hearing impairment, uses this “In Your Words” contribution to describe the challenges he faces and to explain how his experiences prompted him to pursue a medical career.</td>
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While the U.S. House of Representatives’ Committee on Ways and Means discussed the Medicare Independence at Home (IAH) Medical Practice Demonstration Improvement Act of 2015 on June 2, U.S. Rep. Mike Thompson, D-California, commended Norman E. Vinn, DO, MBA, of San Clemente, California, for his work on the bill. This bipartisan legislation, which the U.S. Senate passed in April, would make it possible to continue testing new approaches for treating chronically ill Medicare beneficiaries in their homes. IAH uses primary care teams to provide home care to improve health outcomes and reduce expenditures for Medicare beneficiaries who have multiple chronic conditions. While providing high-quality, consistent care is the top priority of IAH, health care professionals who keep expenditures below a target amount are eligible for bonus payments as long as they meet quality-of-care standards. Dr. Vinn served as the American Osteopathic Association’s 2013-14 president.

Brian Loveless, DO, of Pomona, California, was elected the vice president of the Osteopathic Physicians and Surgeons of California (OPSC) in February. A member of the OPSC’s Board of Directors since 2014, Dr. Loveless is expected to become the society’s president-elect in February 2016. He previously chaired both the OPSC’s Publications Committee and its Education Committee. A 2002 graduate of the Western University of Health Sciences College of Osteopathic Medicine of the Pacific in Pomona, Dr. Loveless is currently an assistant professor of neuromusculoskeletal medicine, osteopathic manipulative medicine and family medicine at his alma mater.

A former international humanitarian aid worker, Taisei Suzuki, DO, was profiled in a June 5 article in The DO e-magazine. Dr. Suzuki told The DO that he hopes his new

(continued on Page 18)
Members in the News
(continued from Page 17)

career in osteopathic medicine will enable him to “pursue a more hands-on, grassroots approach to aid.” Dr. Suzuki graduated from the A.T. Still University-Kirksville College of Osteopathic Medicine in Missouri in June, where he belonged to the local chapter of the Student American Academy of Osteopathy.

In collaboration with Timmy Global Health, Des Moines University’s global health program sent a group of 33 on a health care mission to the Dominican Republic during the university’s March 14-22 spring break. The group consisted of eight health care professionals, 23 osteopathic medical students, and two pharmacy students from Drake University in Des Moines. “My most important takeaway from our brief six days in Monte Cristi was the regeneration of appreciation for the simple chance of becoming a physician,” SAAO member Dimitri Boreisha, OMS II, told DMU Magazine. “We have the chance … to alter the very lives of strangers from the most distant corners of the world. … We get to become physicians.”

Charles A. Beck, DO, FAAO, of Indianapolis is the author of “Camera Lenses and Their Effect on the Cranial/Sacral Mechanism,” which was published in the May issue of The Cranial Letter of The Osteopathic Cranial Academy (OCA). In this dual case study, Dr. Beck examines how photographers can adjust their equipment to prevent themselves from developing sacral dysfunctions. Dr. Beck chairs the OCA’s Publications Committee.


Virginia Marie Johnson, DO, FAAO, of Pacific Palisades, California, coordinated the open learning sessions at the Osteopathic Physicians and Surgeons of California’s 2015 annual convention, which was held Feb. 4-8 in San Diego. The open learning sessions provide personalized demonstrations of osteopathic manipulative treatment, much like the AAO’s Osteopathic Education Service. Victor Nuño, DO, and Melissa G. Pearce, DO, of the Touro University California, College of Osteopathic Medicine in Vallejo also volunteered their time and talent to serve as educators during these sessions.

On Feb. 7, the Osteopathic Physicians and Surgeons of California awarded the grand prize for its 2014 video contest to SAAO members Natalie V. Hollick, OMS IV, and Katherine Ann Scribner, OMS III, for their video, Help! I Need a Doctor. Hollick and Scribner are students at the Western University of Health Sciences College of Osteopathic Medicine of the Pacific (WesternU/COMP) in Pomona, California. SAAO member Christopher Thomas Warren, OMS II, of the Touro University California, College of Osteopathic Medicine in Vallejo co-created another winning video, The Struggle Is Real, while Michael Katiraie, OMS III, of WesternU/COMP earned second place for What Is Your Why?

SAAO member Shirin Shahbazi, OMS IV, is among the authors of the abstract “Investigating Effect of Air Quality on Patients in Tulare County,” which earned third place in the Osteopathic Physicians and Surgeons of California’s 2015 poster competition. Shabazi is studying at the A.T. Still University–School of Osteopathic Medicine in Arizona in Mesa.

In the most recent issue of the California DO, SAAO member Peter Nilsson, OMS III, expounds on the true meaning of hakuna matata, and he recounts how that meaning affected his outlook while working in Tanzania. According to Nilsson, the full meaning of the expression that the Disney animated movie The Lion King made famous is “no worries … because it’s not going to happen.” A student at the Touro University California, College of Osteopathic Medicine in Vallejo, Dr. Nilsson explains in the California DO, “The lesson from hakuna matata is to disconnect your self-worth from your efficacy within a system. ... [I]f we all put a little effort into being intolerant of failed infrastructure and failed systems, we can avoid developing our own hakuna matata, and avoid the societal impacts of failed systems.”

‘New Physician’ Resource Guide

A subcommittee of the AAO’s Membership Committee has developed the AAO’s New Physician Resource Guide to provide information and assistance to physicians early in their careers. The guide will help new physicians establish, manage and expand successful practices. Developed with osteopathic physicians in mind, the guide supports those with manipulation-based practices, primary care practices and specialty practices with manipulation components.

The guide’s topics include establishing a practice, networking, attracting referrals and integrating osteopathic manipulative medicine into your practice.

In addition, the subcommittee provided two quick-reference documents to help new physicians: The New Practice Checklist outlines steps for setting up a practice, and the Billing and Coding Reference is a one-page reference guide that includes CPT, ICD-9 and ICD-10 codes for common exams and dysfunctions.
Membership Announcements

Dues information
Academy members received their 2015-16 dues notices in early June. The dues rates for 2015-16 are the same as the previous three years.

In addition to receiving hard-copy dues notices in the mail, Academy members with email addresses on file at the AAO have received emailed instructions for renewing their membership online. The online option is proving to be popular, accounting for nearly 60% of 2015-16 dues paid as of July 23. After renewing her membership online, Sarah Jean James-Miner, DO, of Verona, Wisconsin, wrote, “Just wanted to let you know that the online payment option worked SO well! Love it.”

Keep the Academy Up to Date
Notify AAO Membership Liaison Susan Lightle, CPS, if you move, change your email address or change jobs. You can email your updates to Lightle at SLightle@academyofosteopathy.org, or you can call her at (317) 879-1881, ext. 217. If you have a new curriculum vitae, Lightle will be happy to place it on file at the Academy.

Attention 2015 Graduates
Now that you are serving internships and residencies, remember to rejoin the Academy as members of the Postgraduate American Academy of Osteopathy (PAAO). The membership in the Academy you enjoyed as members of the Student American Academy of Osteopathy does not automatically roll over into PAAO membership. PAAO membership is open to interns, residents and postdoctoral fellows in all specialties, not just those training in neuromusculoskeletal medicine. Many residency programs will pay for their trainees’ membership dues. To learn more about staying connected to the AAO and continuing to receive its membership benefits, visit the PAAO website.

OMM Educational Video Available for AAO Members to Share

AAO members are invited to embed an AAO-commissioned video about osteopathic manipulative medicine (OMM) on their practice websites to educate visitors about OMM. The video, which debuted as a two-minute segment of “American Health Front!” on New York City’s WCBS-TV on Sunday, May 18, 2014, features 2014-15 AAO President Kenneth J. Lossing, DO.

As the sponsor of this “American Health Front!” segment, the Academy has obtained the rights to use the segment for whatever purposes the AAO sees fit. The Academy has posted the segment to the “About the AAO” page on the Academy’s website at www.academyofosteopathy.org so that patients around the country can access it. The YouTube video has been viewed more than 1,180 times since it was posted on July 23, 2014.

This segment of “American Health Front!” hits key points that the Academy believes the public needs to know about DOs and OMM,” Dr. Lossing explains. “For example, the segment describes DOs as ‘among the best-trained physicians in American medicine today.’ And it quotes me as saying, ‘As an osteopathic physician, I focus on finding dysfunction that impedes the body’s self-healing system from working properly. This integrative method is one of the safest approaches to medicine today.’”

At the end of the segment, viewers who would like to receive OMM are directed to the Academy URL www.FindOMM.org, which takes viewers to the Academy’s “Find a Physician” page.

Produced by Media Medical Group, “American Health Front!” has become a leading independent medical news television program. Episodes of the program run on CBS, NBC, ABC, and Fox stations around the country. The May 18, 2014, broadcast reached viewers in New York, New Jersey and Connecticut.

Besides linking to the OMM segment, Academy members can take advantage of the segment’s script when being interviewed by the media or speaking at public events.

Get Searched
To ensure that your information is included in the AAO’s Find a Physician search results, make sure that the “Do Not Publish Info Online” field is unchecked at the top of the “Edit My Information” page in your account on the AAO’s website. If you have problems with the “Edit My Information” hyperlink, you can reach that page from the Academy’s homepage by logging in and selecting “My Account” from the left-hand navigation column, followed by “My Information” and “Edit/View Information.”
Golden Ram 2014-15 Roundup

Since 1987, AAO members’ generous contributions to the Golden Ram Society have augmented the Academy’s operating budget, enabling the AAO to keep dues and other fees lower. AAO member dues have remained the same for four years, and the Academy was able to reduce fees for the AAO’s Convocation by $100 in 2014.

The Academy’s leaders appreciate the support members showed for the 2014-15 campaign. When the annual campaign closed on May 31, 56 donors had contributed a total of $18,405, which is 52 percent of the $35,000 goal.

Golden Ram donations for the 2015-16 campaign can be made online by logging on to www.academyofosteopathy.org. Donations also may be mailed to the American Academy of Osteopathy, 3500 DePauw Blvd., Suite 1100, Indianapolis, IN 46268-1136.

If you desire, you can set up recurring monthly donations of $25 or more. You can call AAO Associate Executive Director Sherri L. Quarles at (317) 879-1881, ext. 214, to set up your recurring donation.

President’s Club—$2,500 or more
Anthony G. Chila, DO, FAAODist, FCA
David B. Hagie, DO
Stefan Hagopian, DO, FAAO
Adrienne Marie Kania, DO
Jeanne R. Roll, MD
Sheldon C. Yao, DO,
and Melissa M. Ventimiglia, DO

A.T. Still Club—$1,000-$2,499
Boyd R. Buser, DO, FACOFP
Eileen L. DiGiovanna, DO, FAAO
Akiyoshi Shimomura, DO (Hon.) (Japan)

T.L. Northup Club—$500-$999
Hugh M. Ertlanger, DO, FAAO
William J. Garrity, DO, MPH
Gretta A. Gross, DO
T. Reid Kavieff, DO
Huy Kim Hoang, DC, MD
John M. Jones, DO
Brian Loveless, DO
Tim Mosomillo, DO
David D. Musgrave, DO
Gary L. Ostrow, DO
Edward G. Stiles, DO, FAAO
Barbara Ann Zajdel, DO

Louisa Burns Club—$250–$499
Michael Aaron Chipman, DO
John C. Copping, DO
Jacey Elizabeth Goddard, DO
Stephen M. Ellestad, DO

Vicki Dyson Club—$100–$249
Stephen D. Blood, DO, FAAODist, FCA
Thomas R. Byrnes, DO
Elizabeth C. Clark, DO
J. Yusuf Q. Erskine, DO
Paula L. Eschtruth, DO, FCA
Hannah M. Eucker, DO
Stephen I. Goldman, DO, FAAO
Mark R. Gugel, DO
Paul K. Hume, ND, DO (New Zealand)
Carol L. Lang, DO
Richard C. MacDonald, DO
Tamara M. McReynolds, DO
Wendy S. Neal, DO, ND
Candace Nowak, DO
Philipp Richter, DO (Belgium)
Michael P. Rowane, DO, FAAO
Jay Sandweiss, DO
Eric L. Schneider, DO

Supporter—up to $99
Charles A. Beck, DO, FAAO
Joel Berenbeim, DO
Brian F. Degenhardt, DO
Jacob Ly Duong, DO
Bryan Featherstone, DO
Karl Felber, DO
Eric Alexander Heggbeli, DO
Kendi L. Hensel, DO, PhD
Gail E. Lamb, DO
Mary E. Malcom, DO
Merideth C. Norris, DO
Joy L. Palmer, DO
Sandra Jean Robinson, DO
Caryn J. Roelofs, DO
Teresa Gail Saavedra, DO, MS
Ian Schofield, DO (United Kingdom)
UPCOMING WEBINARS

The following list of webinars is provided as a courtesy to our readers. The AAO is not responsible for the content of these webinars.

**American Osteopathic Association**
**and the American Osteopathic Information Association**

**Final Steps Before the Big Bang: Finishing up ICD-10 Preparations**
Aug. 4 — 8 p.m. Eastern time

Join the American Osteopathic Association’s ICD-10 implementation expert to obtain tips on the final steps you need to take to use ICD-10 coding. The AOA’s expert also will review relevant testing results from throughout the country and predict challenges and benefits that physicians will face when ICD-10 is ultimately implemented. This program is anticipated to provide one credit of AOA Category 2-B continuing medical education.

**American Osteopathic Association**
**and the American Osteopathic Information Association**

**Know Your Options: Are You on Your Own or Part of a Larger Health Care System?**
Aug. 11 — 8 p.m. Eastern time

Are you not sure whether to go into private practice or join a larger group? To help you decide, this webinar will outline issues you should consider, such as financial management, practice management, compliance and staffing. This program is anticipated to provide one credit of AOA Category 2-B continuing medical education.

**American Osteopathic Association**
**and the American Osteopathic Information Association**

**Know Your Options: Competing in the Marketplace: An In-Depth Look at Integration**
Aug. 18 — 8 p.m. Eastern time

Integration may not be as expensive and time consuming as you think. Sharpen your understanding of mergers and other forms of practice integration. This program is anticipated to provide one credit of AOA Category 2-B continuing medical education.

**American Osteopathic Association**
**and the American Osteopathic Information Association**

**Know Your Options: Cash Practice**
Aug. 25 — 8 p.m. Eastern time

AAO Immediate Past President Kenneth J. Lossing, DO, will cover the nuts and bolts of developing and running a cash-based practice. Other topics will include the pros and cons of cash, private health insurance and Medicare, as well as the costs of doing business on a cash basis. This program is anticipated to provide one credit of AOA Category 1-A continuing medical education.

**American Osteopathic Association**
**and the American Osteopathic Information Association**

**Know Your Options: The Ideal Medical Practice**
Sept. 9 — 8 p.m. Eastern time

The ideal medical practice model improves efficiency, quality and physician-patient relationships. Practices following this model collaborate to invent, support and implement innovations. In such practices, relationship-based care thrives because the strength of physician-patient relationships is treated as the biggest determinant of patient outcomes. This program is anticipated to provide one credit of AOA Category 1-A continuing medical education.

**American Osteopathic Association**
**and the American Osteopathic Information Association**

**Know Your Options: Independent Versus Hospital/Foundation/University ... What Is Your Strategy?**
Sept. 23 — 8 p.m. Eastern time

The president of Practice & Liability Consultants LLC, Debra Phairas, will guide webinar participants in looking at their practice options. Phairas has experience with practice start-ups, practice assessments, mergers, financial analysis, revenue enhancement, overhead reduction and recruitment. This program is anticipated to provide one credit of AOA Category 2-B continuing medical education.

**American Osteopathic Association**
**and the American Osteopathic Information Association**

**Know Your Options: Merging Practices: Strategies to Remain Independent**
Sept. 30 — 8 p.m. Eastern time

The president of Practice & Liability Consultants LLC, Debra Phairas, will advise webinar participants on keeping their practices independent. Phairas has experience with practice start-ups, practice assessments, mergers, financial analysis, revenue enhancement, overhead reduction and recruitment. This program is anticipated to provide one credit of AOA Category 2-B continuing medical education.

**On-demand webinars**

Dozens of webinars that the American Osteopathic Association and the American Osteopathic Information Association have conducted during the past three years are available on demand at www.osteopathic.org.
Honing treatment into three basic steps, *Healing Pain and Injury* illuminates the underlying and often mysterious causes of pain and dysfunction and charts a path to recovery.

Many patients suffer from terrible headaches, insomnia, weight gain, sexual dysfunction, neck and back pain, immune disorders, cognitive problems, and many other conditions. With *Healing Pain and Injury*, Dr. Nerman helps those who are suffering needlessly, letting them know that there is hope by providing critical tools for their healing.

By Maud Nerman, DO, CSPOMM, CA, 383 pages, paperback, $24.95

*Exploring Osteopathy in the Cranial Field* is designed for the interested physician and for the beginning to intermediate student of this topic. It can easily be used as an accompanying manual for a first or second course in osteopathy in the cranial field, and some topics are useful for more advanced study. *Exploring Osteopathy in the Cranial Field* is especially suitable for use in a 40-hour first- or second-level course on this topic.

By Raymond J. Hruby, DO, FAAODist, 164 pages, spiral-bound, $59.95

Michael P. Rowane, DO, MS, FAAFP, FAAO, and Paul Evans, DO, FAAFP, FACOFP, have designed *Basic Musculoskeletal Manipulation Skills: The 15-Minute Office Encounter* for the primary care professional who wants a basic guide to managing patients with common clinical problems that are amenable to musculoskeletal manipulation. The assessments and techniques presented are ideal for this situation. They are both rapid and efficient, and they are specifically designed for use during a 15-minute office visit. All chapters provide objectives, illustrative cases with answers, clear illustrations to highlight clinically important anatomic landmarks, assessment tips, treatment techniques, and key summary points. All photographs focus on critical elements of examination and treatment techniques for rapid review at the point of care.

By Michael P. Rowane, DO, MS, FAAFP, FAAO, and Paul Evans, DO, FAAFP, FACOFP, 239 pages, hardcover, $99.95

AAO members receive a 10% discount off listed prices. Visit [www.academyofosteopathy.org](http://www.academyofosteopathy.org) or download the Academy’s book order form to place your order.
An essential guide to the cranial nerves for osteopathic physicians and manual therapists, *Manual Therapy for the Cranial Nerves* incorporates new techniques that affect the most precious part of the cranium, the brain. *Manual Therapy for the Cranial Nerves* will teach you how to manipulate this delicate neural system safely, and it will make you aware of the brain as the primary target of your action as a clinician.

The book focuses on the practical application of cranial nerve manipulation. Thanks to its wealth of illustrations, it is also an excellent guide to visualizing the cranial nerves and to understanding their many functions.

By Jean-Pierre Barral, DO (France), and Alain Croibier, DO (France), 320 pages, hardcover, $80.95

**Jean-Pierre Barral, DO (France), and Alain Croibier, DO (France), introduce their new evaluation and therapy concept for the peripheral nerves in** *Manual Therapy for the Peripheral Nerves*. Examination and treatment techniques are described step by step and are clarified with a multitude of photographs and illustrations. This book offers all osteopathic physicians and manual therapists the perfect guide to putting this new concept into practice.

By Jean-Pierre Barral, DO (France), and Alain Croibier, DO (France), 288 pages, hardcover, $72.95

The techniques presented in *New Manual Articular Approach; Upper Extremity* are simple and precise, and they are not at all forceful. Entirely original, these techniques represent the fruit of many years of clinical experience. Derived from the rich experiences of its authors, this work offers a selection of effective techniques to help physicians and therapists bring relief to their patients. This book is for osteopathic physicians, osteopathic medical students, physiotherapists and manual therapists wishing to enrich their practices and broaden their skill sets.

By Jean-Pierre Barral, DO (France), and Alain Croibier, DO (France), 263 pages, hardcover, $79.95

*At the Still Point of the Turning World* by Robert Lever, BA, DO (United Kingdom), is an important contribution to the ongoing debate on the scope and approach of osteopathy (mechanistic versus psychological). The author looks at the dichotomy between the spirit and the science within osteopathy and argues that the most effective care is given when a skilled clinician combines technical skill with empathy, compassion and a still, listening attitude. The author suggests that while hard research and clinical evidence provide important underpinnings, it is the human qualities of wisdom and compassion that can develop osteopathy into an art.

By Robert Lever, BA, DO (United Kingdom), 204 pages, paperback, $45

AAO members receive a 10% discount off listed prices.
Visit www.academyofosteopathy.org or download the Academy’s book order form to place your order.
Component Societies and Affiliated Organizations

Calendar of Upcoming Events

Aug. 5-9, 2015
Texas Osteopathic Medical Association
and the Texas Chapter of the American College
of Osteopathic Family Physicians
Eighth annual joint conference
Omni Corpus Christi in Texas
28 credits of AOA Category 1-A CME anticipated.
Learn more and register at www.txosteoo.org.

Aug. 7-9, 2015
Pennsylvania Osteopathic Family Physicians Society
40th annual CME symposium
Hershey Lodge in Pennsylvania
20 credits of AOA Category 1-A CME anticipated.
Learn more and register at www.poma.org.

Aug. 12-16, 2015
Arkansas Osteopathic Medical Association
30th annual convention
Chateau on the Lake Resort Spa and Convention Center
Branson, Missouri
25 credits of AOA Category 1-A CME anticipated.
Learn more and register at www.arosteopathic.org.

Sept. 18-20, 2015
West Virginia School of Osteopathic Medicine
Alumni Association, Inc
Seated Facet Release
Course director: Karen M. Steele, DO, FAAO
West Virginia School of Osteopathic Medicine in Lewisburg
20 credits of AOA Category 1-A CME anticipated.
Learn more and register at www.wvsom.edu/Alumni.

Sept. 25-27, 2015
The Osteopathic Cranial Academy
The Next Step: Advancing Your Skills
in Osteopathy in the Cranial Field
Course director: Paul E. Dart, MD, FCA
Associate director: Eric J. Dolgin, DO, FCA
Arlington Hilton Hotel
Ballston, Virginia
22 credits of AOA Category 1-A CME anticipated.
Learn more and register at www.cranialacademy.com.

Sept. 25-27, 2015
Osteopathic International Alliance
Montreal Conference:
Osteopathy: A Global Presence
Montreal
14.5 credits of AOA Category 1-A CME anticipated.
Learn more and register at wp.oialliance.org.

Oct. 16-18, 2015
American Fascial Distortion Model Association
Sacramento FDM Module 1 Seminar:
Introduction to the Fascial Distortion Model
Course director: Todd A. Capistrant, DO, MHA
Courtyard by Marriott Sacramento in California
20 credits of AOA Category 1-A CME anticipated
Learn more or register at www.afdma.com.

Oct. 23-24, 2015
Philadelphia College of Osteopathic Medicine
Practical Counterstrain Diagnosis and Treatment:
Addressing Novel Tenderpoints, Connection Sequences
and Common Treatment Pitfalls
in the Care of Patients With Neck and Back Pain
Course director: David B. Fuller, DO, FAAO
Course faculty: Edward K. Goering, DO
Evans Hall, Philadelphia College of Osteopathic Medicine
12 credits of AOA Category 1-A CME anticipated
Learn more at www.pcom.edu.

Oct. 23-26, 2015
American Fascial Distortion Model Association
Introduction to the Fascial Distortion Model, Module 1
Course director: Gene Lenard, DO
J. Walter Cameron Center, Maui, Hawaii
20 credits of AOA Category 1-A CME anticipated
Learn more or register at www.afdma.com.

Nov. 6-8, 2015
Michigan Osteopathic Association
11th annual autumn scientific convention
Amway Grand Plaza
Grand Rapids, Michigan
Learn more and register at www.mi-osteopathic.org.

Nov. 6-8, 2015
American Fascial Distortion Model Association
Austin FDM Module 1 Seminar:
Introduction to the Fascial Distortion Model
Course director: Gene Lenard, DO
Sonesta Bee Cave, Austin, Texas
20 credits of AOA Category 1-A CME anticipated
Learn more or register at www.afdma.com.

Nov. 13-15, 2015
The Osteopathic Cranial Academy
Healing From Traumatic Brain Injury: Advanced Studies
Course directors: Maud Haimson Nerman, DO,
and Laura T. Rampil, DO
New York Institute of Technology
College of Osteopathic Medicine in Old Westbury
20 credits of AOA Category 1-A CME anticipated
Learn more and register at www.cranialacademy.com.